



## Traditional Karate - Do Federation of Great Britain

presents

### National Squad Training Camp

The camp is compulsory for all National Squad Members, but is also open for non-members, all ages and grades.

**Sat 25<sup>th</sup> – Mon 27<sup>th</sup> July 2015**

#### Program:

---

##### **Saturday 25<sup>th</sup> July:**

**12noon -3pm** – training session

**5pm-7pm** – training session

**7pm – 8:30pm** – ‘*Diet & Nutrition in our daily life and in athlete’s preparation*’ - lecture

1. What is Diet, Nutrition rules and healthy eating habits?
2. Why the restricted diets do not work?
3. What is balanced Diet?
4. First step to change: the change from the bad food to the healthy one.
5. How to set up the daily calories threshold?
6. What is TDEE, RMR, DI and PA. How daily food intake influence on your TDEE?
7. What macronutrients give us energy to daily work?
8. 20 Golden Rules of healthy eating.
9. How to lose your weight? What is the best formula?
10. How to build muscles and at the same time lose the body fat?
11. How a good diet improves our daily work and functions?
12. How a good diet can increase the preparation period for the athletes?  
How crucial is the Diet in achieving sports goals?
13. Types of physical activities and its influence on human body.  
What macronutrients are used in specific physical exercises?

**Venue:** Peter Paine Sports Centre  
Roseberry Ave,  
Boston PE21 7QR

---

---

**Sunday 26<sup>th</sup> July:**

**8:30 am – 10am** – Outdoor training:

1 training - speed and agility karate conditioning training with agility ladder and speed cones.

**11:30 am - 2:00 pm** – training session

**4:00 pm - 6:00 pm** – training session

**6:30pm** - BBQ

**Venue:** Peter Paine Sports Centre  
Roseberry Ave,  
Boston PE21 7QR

---

**Monday 27<sup>th</sup> July:**

**8:30 am – 10am** – Outdoor training:

2 training - plyometric and power karate training with resistance bands and medicine balls.

**11:30 am - 2:00 pm** – training session

**4:00 pm - 5:30 pm** – training session

**Venue:** Peter Paine Sports Centre  
Roseberry Ave,  
Boston PE21 7QR

**6:30 pm** – kyu grading

**Venue:** St Nicholas Community Centre  
Fishtoft Road, Boston  
Boston PE21 0DJ

---

**Costs:**

- 1) Training sessions -TKFGB Squad Members - £50  
Non Members – £60
- 2) ‘Diet & Nutrition in our daily life and in athletes preparation’ – lecture – free for camp participants.  
Non-participants - fee 5£
- 3) BBQ – free for camp participants.  
Non-participants - fee 5£
- 4) Kyu grading – as per TKFGB price list

**Accommodation:**

Option 1 - TKFGB offices – cost 5£ per night per person – you need to have your own sleeping bag and mattress – limited number of places, please sent request asap by email to [office@tkfgb.co.uk](mailto:office@tkfgb.co.uk)

Option 2 – Boston College Campus – cost about 20£ per night, per person depend on number of people (if you are interested in this option **request must be send by 25 Jun** by email to [office@tkfgb.co.uk](mailto:office@tkfgb.co.uk)

Option 3 – Hotels – The clubs are responsible for organizing this option.

Clubs are responsible for the care of minors.